



# Weigh-In & Progress Tracker

A log for weight and body condition over time, and the trend that matters

PETSLIKEMINE  
WEIGHT MANAGEMENT

|                   |                                |                        |
|-------------------|--------------------------------|------------------------|
| PET NAME<br>_____ | STARTING WEIGHT + BCS<br>_____ | TARGET WEIGHT<br>_____ |
|-------------------|--------------------------------|------------------------|

The weigh-in is not just data, it is reassurance: proof you are not starving your pet, and permission to hold the line against the begging face. What matters is the trend over weeks, not the wobble of any single day. Log the weight and the body condition score together, add a photo, and watch the line head the right way. This pairs with the Healthy Weight Tracker at /tools/healthy-weight, which stores it all and flags a stall.

## HOW AND WHERE TO WEIGH

- Same scale, ideally the same time of day, so the numbers are comparable
- Cats and small dogs: weigh yourself holding them, then weigh yourself alone, and subtract
- Re-weigh every 2 to 4 weeks: often enough to see the trend, not so often that daily noise misleads
- Big dogs: many vet practices have a walk-on scale you can pop in and use, often for free
- Use baby scales for a small pet if you have them; tare to zero with the carrier on first
- Score the body condition (1 to 9) and take a side-on and top-down photo at the same time

### READ THE TREND, NOT THE DAILY NUMBER

*A single weigh-in is noisy: gut fill, a full bladder and the time of day all move it. A flat fortnight inside a steadily falling line is not a plateau. Expect about 1 to 2% of body weight a week for a dog and about 0.5 to 1% for a cat, and judge progress by the line across a month, not by Tuesday versus Wednesday.*

## WEIGH-IN LOG

| DATE  | WEIGHT | BCS 1 TO 9 | PHOTO? | NOTES (FOOD CHANGE, HOW THEY SEEM) |
|-------|--------|------------|--------|------------------------------------|
| _____ | _____  | _____      | _____  | _____                              |
| _____ | _____  | _____      | _____  | _____                              |
| _____ | _____  | _____      | _____  | _____                              |
| _____ | _____  | _____      | _____  | _____                              |
| _____ | _____  | _____      | _____  | _____                              |
| _____ | _____  | _____      | _____  | _____                              |
| _____ | _____  | _____      | _____  | _____                              |
| _____ | _____  | _____      | _____  | _____                              |
| _____ | _____  | _____      | _____  | _____                              |
| _____ | _____  | _____      | _____  | _____                              |

### LOSING WEIGHT WITHOUT TRYING IS A WARNING SIGN, NOT A WIN

This tracker is for INTENTIONAL loss on a plan you set. If your pet is losing weight and you have not changed the food or exercise, that needs a vet, not applause: it can be kidney disease, an overactive thyroid (cats), diabetes, dental pain or cancer. And for a pet on a diet, too-fast loss is also a flag, especially a cat that goes off its food.

*Written and reviewed by Dr Alastair Greenway MRCVS and Claire Greenway BVM&S MRCVS. This sheet explains and records. It does not diagnose or prescribe. Always follow your own vet's instructions.*

**How to use.** Same scale, every 2 to 4 weeks, logging weight and body condition together with a photo, and judging by the trend across a month. A leaner pet moves better within weeks. A wellbeing aid, not a substitute for veterinary advice.

**WATCH THE TREND OVER WEEKS, NOT THE DAILY NUMBER**